

Having trouble viewing this email? [Click here](#)

You're receiving this email because your student is enrolled at the University of Florida.

You may [unsubscribe](#) if you no longer wish to receive our emails.

The Family Connection

Volume 5, Issue 3



Important Dates:

Thursday, October 27 - Graduate and Professional School Day

Friday, October 28 - GatorNights

Saturday, October 29 - Florida-Georgia Football Game

Monday, October 31 - Halloween

Wednesday, November 2 - Online Family Chat

Friday, November 4 - Gator Growl and the Homecoming Parade (No Class)

Saturday, November 5 - Homecoming Football Game v. Vanderbilt

Friday, November 11 - Veteran's Day (No Class)



Questions? Email Us: family@ufsa.ufl.edu

In This Issue

Important Dates

U Matter We Care

Gator Growl

Sideline Safety Zone

Group Fitness Registration

Graduate School Information Day

Share Your Recipes

Quick Links

Quick Links

Office of the Vice President for Student Affairs

Career Resource Center

Center for Leadership and Service

Counseling & Wellness Center

Dean of Students Office

Florida Opportunity Scholars Program

GatorWell Health Promotion

U Matter, We Care

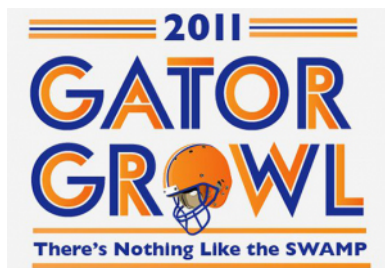
As members of the Gator Nation we care about one another and proactively reach out to help when needed. The U Matter, We Care initiative was created to give the students the resources to help. If your student may know someone in distress; it could be their friend, teammate, roommate, or classmate. UF hopes that your student will embrace U Matter, We Care and reach out to those who may need assistance. Please share this



information with your student and helping to make a difference and be part of the solution.

If your student comes across someone who may be in distress, encourage him/her to call 352-294-CARE or email umatter@ufl.edu.

Remember, there are more than 50,000 students at UF and not one to spare. Learn more at <http://www.umatter.ufl.edu/>



Gator Growl

Gator Growl is the largest run student pep rally in the world, and it takes place the Friday before the

Homecoming football game. The show on November 4 show will feature live performances by the Goo Goo Dolls, Sister Hazel and a stand-up routine by star of Community and host of E!'s The Soup, Joel McHale. You and your student don't want to miss this great Gator tradition. Tickets can be purchased at [GatorZone](#), [Ticketmaster](#) or at the University Box Office.

Learn more online at <http://gatorgrowl.org/>. Only nine days until it's time to let the Gator Growl!

Florida-Georgia Sideline Safety Zone

Is your student going to the Florida-Georgia game in Jacksonville?

The Sideline Safety Zone presented by Chick-fil-A is produced by City of Jacksonville to provide an area where



GatorWell Health Promotion Services

Housing & Residence Education

J. Wayne Reitz Union

Multicultural & Diversity Affairs

Off Campus Life

Recreational Sports

Student Legal Services



Family Chat

UF's online Family Chat program is a great way to stay connected and informed! Join other UF family members and campus representatives for themed bi-monthly chat sessions. These live online sessions are designed to answer your specific questions and promote discussion about UF and common transition concerns you or your UF student may experience.

**Wednesday, November 2
from 5 to 7 p.m.**

**Wednesday, November 16
from 5 to 7 p.m.**

JACKSONVILLE TO PROVIDE AN AREA WHERE students visiting downtown Jacksonville before, during, and after the Florida-Georgia festivities can find assistance ranging from basic medical help, first aid, transportation, directions, telephone service, food, water, coffee and more. The Zone is about helping people, not punishing them. Fans who request assistance at the Zone for themselves or their friends will not be subject to legal action on alcohol issues.

If your student needs help, he/she can call the hotline at (904) 630-SAFE (7233).

"Safety Zones" will be set up inside the Jacksonville Landing, outside the Jacksonville Landing (corner of Laura Street and Independent Drive), the Florida-Georgia Welcome Center (across from EverBank Field next to Metropolitan Park), Coastline Drive and Newnan Street, Touchdown Showdown (outside EverBank Field's south end zone) and Adams Street Experience (outside EverBank Field's Gate 1).

[Click here to learn more online.](#)

Be sure talk to your student about their plans for the weekend and remind him/her about these important safety tips:

1. Stay in groups
2. Stay in high-traffic areas
3. Choose a designated driver
4. Take a cab or free trolley
5. Act responsibly
6. If you need help, go to a Sideline Safety Zone location



RecSports Group Fitness Online Registration

UF RecSports has moved registration for group fitness classes online. Students will no longer have to wait in line before a class or get a number

to secure their spot. Participants may visit the RecSports Web site and register for a class ahead of time.

For directions about how to register and a complete list of fitness classes available, please visit the [UF RecSports Web site](#).

**Wednesday, November 30
from 5 to 7 p.m.**

Learn more at the [Family Chat Web site](#).

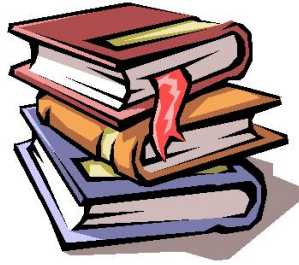


Free Flu Shots for UF Students

Protect your student and remind them to get a flu shot today. Flu shots from the UF Student Health Care Center are free for currently registered students. Shots are available without an appointment from 8-11:30 a.m. and 1-4 p.m. at the main campus Student Health Care Center location (Infirmary Building, 1 Fletcher Drive) or SHCC@Shands (Health Science Center, Dental Towers, Room D2-49).

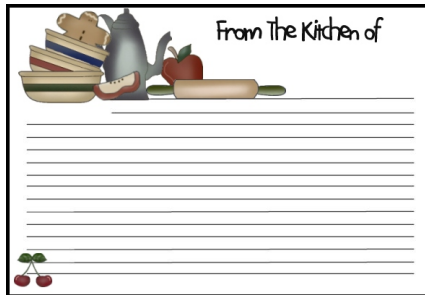
There are also outreach clinics, set up on certain days and times at various locations around campus. For more information, including facts about the flu shot, visit <http://shcc.ufl.edu>.

Graduate and Professional School Information Day



For many students, their higher education doesn't end after four years. On Thursday, October 27 UF's #1 ranked Career Resource Center will host Graduate and Professional School Information Day. Opened to all students, more than 160 graduate and professional schools from a wide variety of disciplines around the nation will be in attendance. Representatives will meet with students and answer questions.

The event is from 10 to 2 p.m. in the Reitz Union Grand Ballroom. Visit crc.ufl.edu/gap for more information.



Share Your Recipes

Gator Dining Services is having their 1st Annual Flavors from Home dining hall event in Spring 2012, and they want your help. Submit some of your favorite recipes into the contest and the

winning dishes will be cooked at the on campus dining hall for the Flavors from Home event. Please send recipes for entrees, side dishes, quick breads, desserts, salads, appetizers - anything you love to make at home and would like to share here at UF.

To submit a recipe, simply email flavorsfromhome@gmail.com with the following information:

1. Your name:
2. Your student's name:
3. Student's UFID #:
4. Student's hometown:
5. Recipe title:
6. How many it serves:
7. Ingredients/quantity of ingredients:
8. Preparation steps:

Please send in the form by December 31, 2011.

Gator Dining Services is also offering the 25 Block Meal Plan with \$50 in Flex Bucks. This plan is convenient,

delicious and a great deal. This is a great opportunity to try a Gator Dining Meal Plan before purchasing for the spring semester. Please visit <http://www.bsd.ufl.edu/G1C/> or call their business office at (352) 392-2491 during regular business hours, Monday - Friday 8 a.m. to 4:30 p.m. for further information or to purchase.

[Forward email](#)



Try it FREE today.

This email was sent to jmastro@ufl.edu by myram@ufl.edu | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

University of Florida | Office of the Vice President for Student Affairs | PO Box 113250 | 155 Tigert Hall | Gainesville | FL | 32611